



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Self care is not about self indulgence, it's about self preservation."*

— Audrey Lorde—

## Caregiver Tip: Winter Blues

Do you have low energy, increased need for sleep, insomnia, or feel achy, weepy or apathetic during the winter months? You may be experiencing the "winter blues." These symptoms triggered by short, cold, dark days can be exacerbated by the stresses of caregiving. Here are some things you can do to combat the "winter blues".

**Get moving** - Try briskly walking around your home, gently stretching, dancing to music or even cleaning the house. Remember to exercise your brain as well. Crossword puzzles or Sudoku can keep your brain active.

**Get out** - It's important to take time to get out of the house, even if you need to arrange respite care for your loved one. Go shopping, to the library or out with a friend.

**Eat healthy** - Increase your Vitamin C and D - Eat fruits and vegetables and cut down on carbohydrate intake.

**Seek help** - If the "winter blues" symptoms are serious seek help from a professional.

## Resources:

**More Support for Caregivers:** The Fairfax County Family Support Program hosts a free monthly telephone group for caregivers. Topics vary each month. For more information and to register go to <https://www.fairfaxcounty.gov/hrcode/Ereg/Registration.aspx?groupID=16>

**Seminar: Living an Active and Rewarding Life.** This session is presented by Senior Services of Alexandria. Wednesday, March 16 at 9:30 am Beth El Hebrew Congregation, 3808 Seminary Road, Alexandria, VA 22304 . Go to <http://seniorservicesalex.org/news/speaker-series/> for more information.

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